

SAMPLE - Physical Fitness Test 2003 - Student Data Collection Form

Student Name: _____ Test Date: _____ Student ID #: _____

I. STUDENT DEMOGRAPHICS -- Fill in all information whether student has tested or not.

A. County-District-School Code _____ - _____ - _____

B. District Name: _____

C. School Name: _____

D. Charter School Number: _____

E. Grade: _____ (5 or 7 or 9)

F. Date of Birth (*required*): _____ (mm/dd/yyyy)

G. Gender (*required*): _____ (M / F)

H. Ethnicity

(Mark one of the following)

- ☐ American Indian or Alaska Native
☐ Asian
☐ Pacific Islander
☐ Filipino
☐ Hispanic or Latino
☐ African American/Black (not of Hispanic origin)
☐ White (not of Hispanic origin)

I. Reason for Incomplete Data

(Check one of the boxes) and choose one of the following

- ☐ **Student not tested** ☐ **Students with partial data**
☐ Absent on Test Date and All make-up sessions
☐ Parent's Written Request
☐ Parent's Written Request
☐ Waiver Granted by State Board of Education
☐ IEP (Individual Education Plan)/Special Needs
☐ Medical Excuse

***** Continue to Section II if student has tested or partially tested. *****

II. INDIVIDUAL STUDENT SCORES - Fill in all applicable data for each item below.

I. Aerobic Capacity (Select one)

1) The Pacer

(No. of laps)

2) Mile Walk/Run

min.
 sec.

3) Walk Test

min.
 sec.

Heart Rate

(# of beats in 15 sec).

Weight lbs.

J. Body Composition (Select one)

1) Percent Fat

Triceps (mm)

Calf (mm)

2) Body Mass Index

Height (ft , in)

Weight

lbs.

3) Bioelectric

Impedance/Automated

% Body Fat

K. Abdominal/Trunk Strength (both fields required)

1) Abdominal Curl-Ups

(No. of curl-ups)

And

2) Trunk Lift

inches

L. Upper Body Strength (select one)

1) Push-ups

(No. of push-ups)

3) Pull-ups

(No. of pull-ups)

2) Modified Pull-ups

(No. of pull-ups)

4) Flexed Arm Hang

sec.

M. Flexibility (select one)

1) Back-saver Sit-and-Reach

Left Side

inches

Right Side

inches

2) Shoulder Stretch (Write P for Pass or F for Fail)

Left Side

(P/F)

Right Side

(P/F)